

Efficiency: These Devices Lighten Housework

TESTED AIDS FOR THE HOUSEHOLD

System: Every Business Must Have Its Machinery

Hot Water Every Minute on the Minute

TO HAVE the hot water spigot fail us is like having the well run dry. We never realize what it means until it happens to us. During the coal shortage last winter many a person learned to appreciate what it meant to have hot water always on tap, by experiencing what it meant not to have it.

There are two general types of gas water heaters—the coil tank heater connected with the circulating water boiler and the so-called instantaneous heater, which does away with the need for a boiler and is installed directly as part of the water and gas system.

If you have the first type it would take from fifteen to twenty minutes to heat a tubful of water after the gas is turned on, but the automatic gas water heater in question provides hot water on any floor almost immediately upon opening the faucet.

The Ruud-Humphrey Automatic Gas Water Heater No. 4A can stand in either laundry, cellar or kitchen, but it is very nearly good looking enough to stand in the living room, as it is built to resemble a Victrola, although finished in green enamel, with brass and copper working parts.

The little pilot light, which is kept constantly burning, is enlarged when the water faucet is opened, and so automatically lights the battery of burners, which in turn heats the water circulating through the coils above and sends hot water to the faucet almost immediately, though it takes a little longer for the hot water to reach the upper floors than the lower ones nearer the heater. Closing the faucet automatically shuts off the flow of gas, so that the expense of the heat ceases with the disuse of the water. The pilot light shrinks at once to a tiny blue Bunsen flame, whose consumption of gas is negligible.

It takes only about one cubic foot of gas to heat one gallon of water to usable temperature, which means an expense of one-tenth of a cent, if the cost of gas is \$1 per thousand cubic feet. The normal cost of the operation of the heater per gallon of water used is therefore small if care is taken and the water is not allowed to run down the drain unnecessarily. Of course, in such a case the expense could be indefinitely increased.

The capacity of the model shown is four gallons per minute, and eight faucets can be supplied. A thermostat also automatically shuts off the gas when a temperature of 150 degrees is reached, and relights the burners when it falls to 140 degrees or lower, further insuring economic operation.



An electric stove with an outer ring and an inner disk separately heated. Four variations of heat are possible.

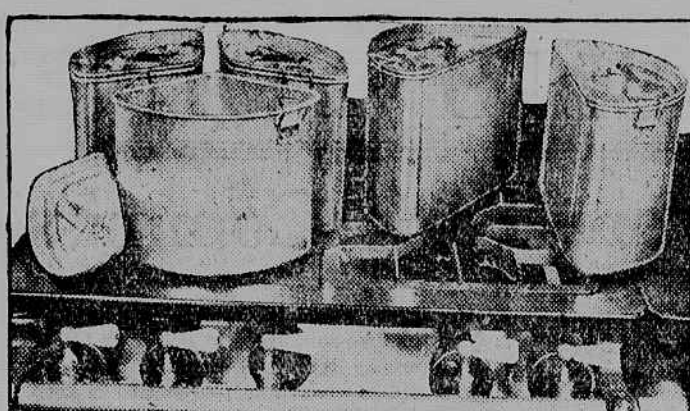
The automatic features, the great convenience of not being obliged to wait for hot water, combined with the economy of operation, all go to make this heater a most desirable household acquisition.

Ruud-Humphrey Automatic Gas Water Heater No. 4A. Price, \$135.

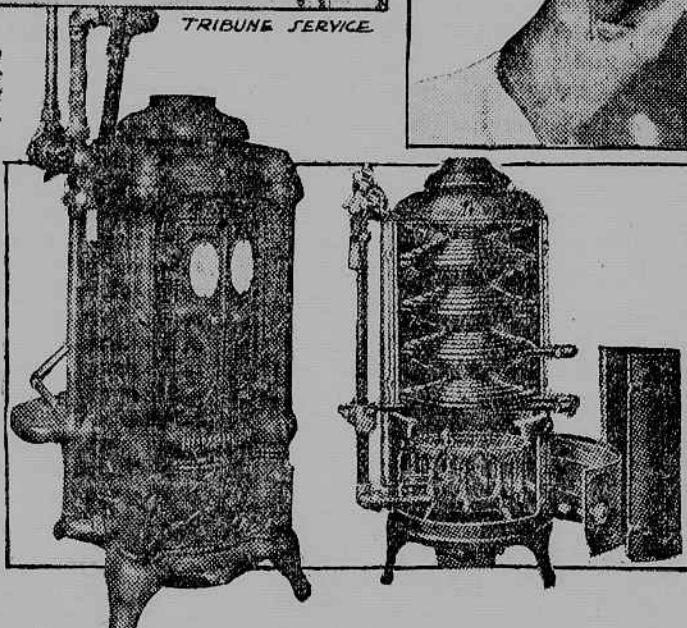
Made by Humphrey Company, Kalamazoo, Mich., and 1255 Fulton Street, Brooklyn, N. Y.

Another Improvement in Electric Table Stoves

The Thermax Four Heat Electric Stove adds still another new and convenient feature to the



Two sets of aluminum utensils of two and three vessels each, which fit over a single gas burner.



A gas water heater providing hot water at any minute of the day or night. The Victrola-like case and the one hundred feet of copper coil which it contains are both shown.

family of disk stoves. We have had stoves with two and three heats, but the Thermax has four heats and is really two stoves in one, since the heating surface is divided into an inner disk and an outer rim, each of which is under separate heat control. This means economy of heat, since a large surface need not be heated when a small utensil is in use. The inner disk measures three and one-half inches in diameter and the outer ring six inches. It is possible to have both the ring and the disk at full heat, either one at medium heat or both ring and disk at low heat.

Any appliance or device that prevents the waste of heat or power in these days is a

boon to the country, as well as a saving to the individual. There is undoubtedly much unnecessary waste of electricity in the use of these home appliances. The heat is invisible and one needs to keep in mind that while electric appliances are slow in heating up the heat when obtained is intense and the lower heats should be used after the cooking process is under way. Besides wasting the electricity, foods are apt to be too rapidly cooked or burned unless these precautions are kept in mind.

The comparatively slow heating up of the electric stove and its marked efficiency thereafter is shown by the experiment in which a



On the left the egg shell has just been cut and the upper half removed. A quarter turn slides the yolk into the depression of the separator, while the white drains into the dish below.

quart of water in an uncovered quart stew pan of aluminum ware was raised from 74 degrees Fahrenheit to 200 degrees Fahrenheit in twenty-three minutes, starting with the stove cold. After the stove had been heated this length of time another quart pan of water was raised from 74 degrees to 200 degrees in fifteen minutes, the heat in both cases being turned on full. This difference of eight minutes in the operation indicates the saving that could be effected by using the lower heat after the cooking process is well under way and the stove thoroughly heated.

These are the unusual features of the Thermax, but it possesses in addition all the good points of its kind, including the fact that it may be attached to any lamp socket, has a separable plug, six feet of detachable flexible connection cord and a short ebonized wooden handle. The fibre tips on the stove legs make it safe for polished surfaces, and you have an odorless, smokeless and "matchless" device that is equally useful and convenient in the nursery, the pantry, the sick room or for the lunch table or the after-theatre supper.

Thermax Four Heat Electric Stove. Price, \$6.50.

Made by Landers, Frary & Clark, New Britain, Conn.

Cooking Utensils Three in One

The Ideal Triplicate Utensils are well named. With a set of three round cornered

triangular aluminum vessels, which, placed together, form a circle nine and one-half inches in diameter, two vegetables and a cereal can be cooked over one gas burner, saving gas and room on the top of the stove at the same time. The Half Round Utensils are semi-circular and two of them may be used in the same way.

These aluminum utensils are seamless, have rounded corners and are therefore easily cleaned. They not only save space in the pantry and on the stove, but they fit handily into the ten-inch well of a fire cooker and make it possible for an entire meal to be cooked at one time.

Each of the triplicate pails holds two quarts while the Half Round Utensils hold three quarts apiece.

When economy of space and money, convenience, adaptability to the stove or the fireless cooker, easy cleaning and durability are all combined in one set of cooking utensils, there is little left to be desired, and the word "Ideal" is approved along with the utensils themselves.

Ideal Triplicate Utensils. Price, \$3.50. Half-Round Utensils. Price, \$3.50. Made by the Toledo Cooker Co., 1336-1342 West Bancroft Street, Toledo, Ohio.

A Deft Breaker and Separator of Eggs

The good old-fashioned way of breaking the egg on the edge of the bowl and slipping the yolk from one half of the shell to the other, until it is separated from the white, is always attended by more or less excitement and varying degrees of success. Sometimes the egg yolk is less firm than at others; sometimes the operator is less skilful, and often the egg leaks or the yolk and white mix.

The Improved Egg Breaker and Separator is a convenient little cup-shaped holder with a semi-circular thin flat blade, the inner edge of which is formed of V-shaped teeth. By a slight finger pressure the opposite edges are brought together in such a way as to neatly cut the egg shell. Upon removing half of the shell the egg is tilted into the cover, or separator top, and the yolk remains in this dish shaped cover, while the white drains through the openings into the dish. The complete operation of cutting and separating the egg can be effected quickly and sharply without handling.

A perfect separation is guaranteed, and in the making of special cakes (angel cakes, Swiss cakes, etc.), custards, omelets, frostings, meringues and the like this assurance is a welcome one. No skill is required; the ingenuity of the device takes its place.

Improved Egg Breaker and Separator. Price, 25 cents.

Made by Leo J. Gerding Manufacturing Co., 121 Opera Place, Cincinnati, Ohio.

Making the Most of Spring Greens

By JEANNETTE YOUNG NORTON

BEFORE the garden is dandelions, and while they are ready for greens or a bouquet salad, and the watercress is riding on the breast of the brooklet, the garden is still unplanted. Our grandmothers, who considered it thrifty to gather and use greens and garden culls, are not emulated by their modern grandchildren, who are not only unappreciative of nature's free offerings but boast a preference for hothouse products and think it immensely amusing to see our allies, the Italians, fearlessly chasing the dandelion over hill and dale. Regardless of their criticism, the thrifty ones, wiser than their critics, dig and bag the greens for market, their own use and for a few customers in rural districts.

Not poetically but thriftily speaking, the young plants boiled are equal to spinach; the tender buds are used in cream sauce in place of capers; the flowers in bunches are often sold on the streets at arbutus time. If one will go to the Jersey marshes and meadows, April or May-ling, plenty may be had for the digging. Yellow dock is another old-fashioned green, whose broad leaves when cooked with a knuckle of ham are not to be despised.

In various parts of the country local greens grow, known to a few people, though they never reach a market. Now is the time to bring them forth and introduce them to housewives whose new-born thriftness makes them willing and anxious to try things at least once to keep their tables up to standard excellence on the reduced household budget.

Boiled Dandelion

Trim and wash three quarts of fresh dandelion greens and put them on to cook in a small quantity of hot water; boil them twelve minutes; drain, chop, drain again, then season with butter, pepper, salt and, if liked, the juice of an onion. The dandelion greens may also be boiled and creamed.

Creamed Onion Tops

Cut the green tops from two dozen scallions, wash and cut them in small pieces; cover with boiling water, cook rapidly ten minutes and drain. Have ready a cream sauce, not very thick, put the onion tops into it and

serve immediately. A butter sauce may be used if better liked than the cream sauce.

Beet Greens

Wash as many beet greens as are needed, add a small quantity of water and boil ten minutes; drain, chop, drain again, season with butter, pepper and salt. A few drops of vinegar or a piece of lemon is sometimes added. The greens may be panned, like spinach, if desired. Beet root is sometimes boiled with the greens, then served, pared and sliced, with them.

Creamed Sorrel

Trim and wash two quarts of sorrel, add a small amount of water and boil ten minutes; drain and cover with a cream sauce. This green makes also an excellent soup.

Green Salmagundi

Wash and chop coarsely the large leaves of two heads of chicory, cut up two stalks of endive, wash and tear apart one head of romaine and one head of plain lettuce. Mix and cover with one pint of boiling water; cook rapidly ten minutes. Drain thoroughly. Have ready a pint of good brown sauce, well seasoned, with a teaspoonful of ground ginger added to it, and pour it over the cooked lettuce. Heap some freshly boiled rice in the center of a hot platter and pour the salmagundi around it. Garnish with toast sippets that have been buttered, dusted with grated cheese and placed in the oven long enough to melt the cheese.

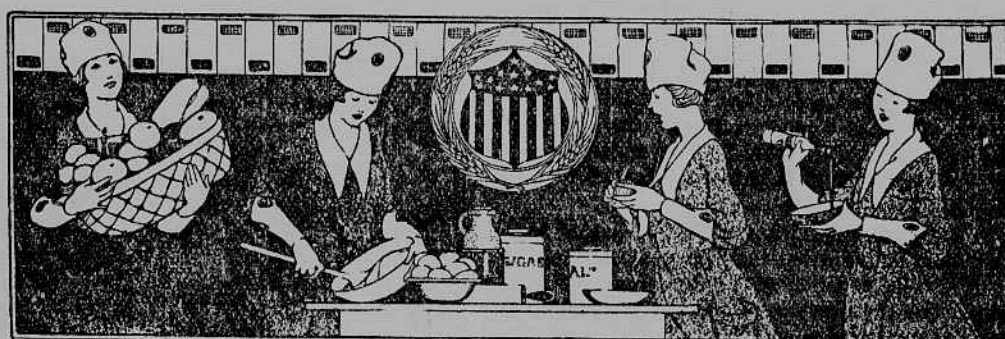
All greens must boil quickly and uncovered; they must be washed very thoroughly, and the under sides of the leaves examined for parasites. Greens that come to market after heavy rains will be found the nicest to buy. Greens are hearty when simply cooked and are excellent blood purifiers. Greens are best cooked by themselves, as they do not combine with vegetables.

Chervil, tarragon, celery, celeriac, tansy, fennel and mint are in market by early summer and may be used to good effect in salad making. We have three kinds of the barbe de capucin, better known as chicory, monk's beard or goat's beard, all belonging to the endive family and first cousins of the dandelion. Barbe is the pale green variety, "blanched" is the loosely curled, and witloof is the pinkish solid head.

Cardoons, French thistles and trimmed artichoke bottoms may be purchased canned and are good to use for salads with the new lettuce. Fresh rhubarb, trimmed, diced, plunged for ten minutes in boiling water, drained and dried, is also good for summer salad with lettuce, dressed with a honey dressing. Canned green almonds, sliced, are good with fresh lettuce and cream cheese salad.

Fresh olives combine well with fish and upland cress. Chives, early peppers, radishes, nasturtium seeds and the leaves of fresh sweet herbs chopped are all natural salad adjuncts. The flavorings of green salads may be varied by the different salad vinegars, such as pepper, garlic, horseradish, burch, mint, sage, tarragon, sweet herb, mustard geranium and sweet clover.

In French dressing made of lemon juice instead of vinegar marinate six leaves of lemon verbena, sweet marjoram or basil, and a very delicate flavor will result. Any of the sweet seeds crushed may be used in the same way.



TESTED AND ENDORSED RECIPES

Parker House Rolls in War Time

1½ cupsful corn meal, 1 cupful wheat flour either white or yellow ¼ cupful melted shortening, 2 cupsful scalded milk, 1 tablespoonful sugar, 1 yeast cake, 1 cupful lukewarm water, 1 tablespoonful salt, About 4 cups wheat flour (for a soft dough)

Pour the hot milk over the cornmeal and let stand until lukewarm. Add the yeast mixed with the lukewarm water, and then the cupful of wheat flour. Beat thoroughly and let stand until full of bubbles; add the other ingredients and mix to a dough that may be kneaded, i. e., a soft dough such as is generally used for Parker House rolls, which should never be quite as stiff as bread dough for the best results. When smooth and elastic, cover and let stand until double its original size. Shape on the board until in a long roll about two inches in diameter; pinch off enough dough for each roll. Knead into a ball and put about one-half inch in thickness. Rub a little melted oleo over top and fold over as for Parker House rolls. Place on greased baking sheet and let rise again until double in bulk. Bake in hot oven.—J. E. K., Cambridge, Mass.

Here is a good war-time recipe for rolls, using about 25 per cent of cornmeal. Twenty-four rolls can be made for a little less than 1 cent a piece.

Braised Lamb's Liver

1 lamb's liver, ½ cupful stock or water, 1 onion, sliced, ½ teaspoonful salt, 13 cupsful carrots, diced, ½ teaspoonful celery salt, ½ cupful turnips, diced, ½ cupful paprika, Bouquet of herbs, ½ cupful strained tomato, 1 cupful strained green peppers, minced, 4 teaspoonful flour

Place the lamb's liver on a bed of the vegetables in a casserole and add seasoning and liquid. Cover the dish closely and bake about three hours in a very moderate oven, then uncover and thicken the gravy with the flour. Cook a few minutes and serve hot.—M. J. S., New York City.

The liver from a yearling lamb is as delicate as one from a calf and about one-half the cost per pound. Lamb's liver may be fried in slices with bacon and the results are very good. This recipe for braising the liver is unusual as well as appetizing. It will serve three or four persons and costs 30 cents.

Escalloped Apples and Onions

4 tart apples, 2 tablespoonful oleo, 1 cupful onions, ½ cupful boiling water, 13 cupsful carrots, diced, ½ cupful buttered bread crumbs, 1 cupful strained tomato, 1 cupful strained green peppers, minced, 4 teaspoonful flour

Peel and slice thinly the onions and tart cooking apples. Grease a baking dish with oleo and fill with alternate layers of the apple and onions, salt, pepper, sugar and bits of butter. When the dish is filled, pour the boiling water over it, cover closely and bake in a moderate oven until the ingredients are tender. Remove the cover and spread the buttered bread crumbs over the top. Brown quickly and serve in the baking dish.—M. J. S., New York City.

This dish is particularly delicious when served with roast duck or goose. It is an addition to any

meal that needs a relish to tone up a flat flavor. Pot roasts of meat or fowl that have a large amount of fat are very much more pleasing and more wholesome if a dish like this is served with them. This recipe will serve five persons and costs about 15 cents.

Fish Chowder and Rice

Prepare 1½ to 2 pounds of fish by cleaning and cutting into slices about an inch thick. Place in a deep kettle four tablespoonfuls of cooking oil; slice thinly three or four Irish potatoes, fish, rice and seasoning; add a pint of water; put a layer of them into the kettle, then a layer of the fish sprinkled with salt, pepper and a little minced onion; over these a layer of cold boiled rice. Repeat these alternate layers of potatoes, fish, rice and seasoning; add a pint of hot water; put a tight fitting lid on the kettle and simmer gently for half an hour. Remove the lid, add two cupsful of hot milk and serve. It may be served without the milk, and is liked by some that way.—United States Food Administration.

Salmon and Rice Croquettes

Cook one cupful of rice until tender and set away to cool. Take one can of salmon, pick it in small pieces with a fork; be sure to remove all of the bones. Then stir in the rice and mix well together. Roll in small balls, dip in beaten egg, then in cracker crumbs. Put in an oiled pan and bake in the oven. Serve hot with tomato sauce. Can be made with rice left over.—United States Food Administration.

An Appetizing Relish

2 green peppers, 4 cupsful water, 2 red peppers, 4 tablespoonful salt, 4 onions, Vinegar

Chop peppers and onions very fine. Make brine of water and salt, put the onions and peppers in it, using separate bowls and let stand for two hours. Drain, mix together and add to the mixture only as much vinegar as can be absorbed. It is then ready for immediate use.—K. E. F., Nashua, N. H.

No cooking is necessary in the preparation of this relish, which is an appetizing relish to serve with cold meats or with lettuce salad. It costs only 15 cents for this amount.

Tuna Fish a La King

1 can tuna fish, ½ teaspoonful pepper, 2 tablespoonful butter, ½ teaspoonful paprika, 2 tablespoonful flour, 1 tablespoonful parsley (chopped), 1 cupful milk, 1 tablespoonful sweet red peppers (finely diced), 1 teaspoonful finely minced onion

Melt butter, add flour. Cook until well blended, then slowly add milk, stirring constantly. Cook until thick. Add seasoning and stir in the flaked tuna fish. Serve on hot toast.—F. S., Concord, Mass.

This recipe furnishes a dainty chafing dish meal. If the fish is placed in a strainer and boiling water poured over it the oily, fishy taste will disappear and a chicken flavor is obtained, but such a practice would be very wasteful. This recipe costs 20 cents and serves four persons.

Use All the Fish and All of Them

By MARGARET HAMELIN

THERE are three ways of cooking fish: Plain and unadorned, cleverly masqueraded with sauces, and, to be thoroughly up-to-date, camouflaged. The latter is the economical way of using leftovers and unappreciated portions of the fish, which, when converted into "made" dishes, make or mar a cook's reputation.

The popular filet is our first consideration. The wholesale fishman says that out of one hundred pounds of large foundlers (lemon soles, soles, plaice, gulf flounder, dab, eelback, starry, pale flounder or craig fluke are the names in various localities) sixty pounds of solid meat filets are sold; the other forty pounds are waste. It is all right for the wealthy buyer to purchase fish in this way, paying for solid meat; but the woman who has acquired the thrift stamp habit should filet her own sole. In so doing she saves the wasted trimmings for future use, a few pennies for stamps on each purchase and wins a soup.

A large fish cuts into four filets. These, ordinarily, are broiled or fried. But they may be spread with a savory stuffing, rolled and pinned with little wooden pins, dusted with seasoned crumbs, fried or baked in casserole, then blanketed with a well seasoned sauce. The foundation of the sauce is made from fish stock, which, in turn, is made of the formerly wasted trimmings.

Fish head soup is a Japanese favorite. The heads, skins, bones and trimmings of a fish give the foundation. Add one quart of water, one sliced onion, one whole carrot, a spray of parsley, a stalk of celery, pepper and a pinch of salt. Boil for half an hour, then add a half-pound of solid, boneless fish; cook ten minutes until the fish is done. Strain the soup, flake the fish into it, add the carrot thinly sliced, with a cup of smooth tomato sauce or a cup of milk in which a little cornstarch has been blended.

The plain stock made from the trimmings can be boiled down, strained and used for fish sauces. Or, after straining, a grated onion may be added to it with one chopped cucumber and a thinly sliced tomato. Season well, then turn the mixture into a wet moulton to jelly to be used for a salad. Twelve boiled shrimp, broken up, or a half cup of crab meat may be added to the jelly.

Shad is of importance at this season. The roe shad, if caught as quickly as she leaves the salt water to enter the fresh for spawning, is in good condition and the roe firm. If, on the other hand, the catch is delayed until she has been in fresh water several days the flesh is flabby and the roe, developing rapidly, is soft. The buck shad is the best "buy" for the roe may be purchased separately and a neglected delicacy is the milk of the buck.

The milk is appreciated only by fishermen and the initiated layman, and it sells at 15 cents a pair in market, with but few takers. Many think it superior to roe, which costs about \$1 a pair. The milk has the texture, when cooked, of milk liver; it may be fried, broiled, breaded and served with lemon cream sauce; or, after boiling, it may be chopped and blended with a little cream cheese worked to a spreading paste with heavy, well seasoned French dressing for use in sandwiches. The paste may also be made into balls, dipped in mayonnaise, and dropped into a chicory and pineapple salad.

Cod tongues and sounds are delicious cured. Wash them in salt water, parboil, adding a slice of onion and a little milk to the water, then drain them and place in a small casserole with the curry to bake. To make the curry take one can of tomatoes, and to it add a sliced onion, a carrot, a few sprays of parsley chopped, pepper, a half bud of garlic, a teaspoon of Worcestershire sauce, a thin slice of bacon and a half teaspoon of curry powder. Boil gently for forty minutes, strain, thicken with a teaspoon of butter and a heaping teaspoon of flour blended. Add a dash of cayenne and pour over the fish to bake.

Sable fish, alias black cod, is coming to market smoked and is particularly delicious. It may be flaked in a salad with cucumbers and lettuce, dressed with French or Russian dressing, and it is also very good scalloped in ramekins.

After filleting a tile fish for frying the head and trimmings will make an excellent foundation for a moulded salad jelly. After the filets are fried and drained sprinkle them in a pineapple brown sauce; smother with grated cheese and put them in the oven just long enough to melt the cheese. All of the cheaper fish may be economically used in fish chowder. In making fish chowder use the stock made from fish trimmings as a foundation liquid. Filet the larger fish. Dice a quarter of a pound of pickled pork and put it in the bottom of the chowder pot; heat the pot and melt the pork. Put in one very thinly sliced onion, a layer of fish, a layer of sliced potato, dust with pepper and salt; add another layer of fish, a very thin layer of onion, a thin layer of potato, pepper, salt and dot with little lumps of butter. Turn over all one quart of fish stock, cover the top with four pilot crackers that have been soaked in a pint of milk and the extra milk they do not absorb. Cover closely and cook for a half hour. If the chowder is too thick add a pint of hot milk just before serving. This chowder makes a one-dish dinner, and several kinds of small fish may be combined in its making. If desired it may be made entirely of the fileted fish, in which case it will require only a twenty-minute cooking and less onion should be used. The tenderest onion for use at this season is the Spanish onion.

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